

Chart

Ammie P. Hale

DOB: 05/24/1975

Encounters

Encounter 4 Date 06/03/2021

Diagnosis Bipolar affective, mixed (296.60 | F31.60), Anxiety, generalized (300.02 | F41.1), Back pain (72.1.5 | M54.9)

Encounter 3 Date 05/13/2021

Diagnosis Bipolar affective, mixed (296.60 | F31.60), Anxiety, generalized (300.02 | F41.1), Back pain (72.1.5 | M54.9)

Encounter 2 Date 04/21/2021

Diagnosis Bipolar affective, mixed (296.60 | F31.60), Anxiety, generalized (300.02 | F41.1), Back pain (72.1.5 | M54.9)

Encounter 1 Date 04/11/2021

Diagnosis Bipolar affective, mixed (296.60 | F31.60), Anxiety, generalized (300.02 | F41.1), Back pain (72.1.5 | M54.9)

Encounter # 4

History & Physical Report

6/9/2021: Office Visit - Bipolar affective, mixed (296.60 | F31.60), Anxiety, generalized (300.02 | F41.1), Back pain (724.5 | M54.9) (Nasreen R. Dar, MD)

Ammie P Hale

Documented: 6/9/2021 2:50 PM

Location: Princeton Office

Patient #: 55190

DOB: 5/24/1975

Married / Language: English / Race: White

Female

History of Present Illness (Nasreen R. Dar MD; 6/9/2021 3:01 PM)

The patient is a 46 year old female who presents with a complaint of follow-up.

Location: Bipolar Disorder

Severity: 5 (1-10)

Duration: Several yrs.

Symptoms: increased frequency of depression episode and low motivation

Problem List/Past Medical (Nasreen R. Dar, MD; 6/9/2021 2:54 PM)
Back pain (724.5 | M54.9)

Allergies (Nasreen R. Dar, MD; 6/9/2021 2:54 PM)

No Known Drug Allergies [04/15/2021]:

No Known Allergies [04/15/2021]:

Immunization History (Nasreen R. Dar, MD; 6/9/2021 2:54 PM)

Up to date

Family History (Nasreen R. Dar, MD; 6/9/2021 2:54 PM)

Depression Father.

Bipolar Disorder Maternal Aunt.

Social History (Nasreen R. Dar, MD; 6/9/2021 2:54 PM)

Current tobacco use Current every day smoker.

Non Drinker/No Alcohol Use

Drug Use Uses marijuana

Travel History (Nasreen R. Dar, MD; 6/9/2021 2:54 PM)

Non-Contributory Travel History

Medication History (Nasreen R. Dar, MD; 6/9/2021 2:54 PM)

Abilify (5MG Tablet, 1 (one) Oral hs, Taken starting 05/13/2021) Active.

Amitriptyline HCl (50MG Tablet, 1 (one) Oral hs, Taken starting 05/13/2021) Active.

Medications Reconciled

Review of Systems (Nasreen R. Dar MD; 6/9/2021 2:54 PM)

General Present- Fatigue, Night Sweats, Tiredness and Weight Gain. Not Present- Appetite Loss, Dietary Changes, Excessive Crying, Medication Changes, Obesity and Weight Loss.

Skin Not Present- Bruising, Clamminess, Dryness, Hives, Itching, Pruritus and Rash.

HEENT Present- Visual Disturbances and Wears glasses/contact lenses. Not Present- Blurred Vision, Color Blindness, Decreased Night Vision, Double Vision, Ear Discharge, Ear Pain, Eye Pain, Glaucoma, Hearing Loss, Nose Bleed, Ringing in the Ears, Runny Nose, Sleep Apnea and Spinning Sensation.

Neck Present- Neck Pain and Neck Stiffness.

Respiratory Not Present- Chronic Cough, Difficulty Breathing and Wheezing.

Cardiovascular Present- Palpitations. Not Present- Chest Pain, Edema and Fainting / Blacking Out.

Musculoskeletal Present- Back Pain, Joint Pain and Joint Stiffness. Not Present- Joint Redness, Joint Swelling, Leg Cramps, Leg Weakness, Muscle Atrophy, Muscle Cramps, Muscle Pain and Muscle Weakness.

Neurological Not Present- Dizziness, Fainting, Focal Neurological Symptoms, Headaches, Hyperactivity, Incontinence Stool, Incontinence Urine, Incoordination, Loss of Consciousness, Numbness, Paresthesias and Seizures.

Psychiatric Present- Anxiety, Change in Sleep Pattern, Depression, Easily Irritated, Hypersomnia, Inability to Concentrate, Mood changes and Nervousness. Not Present- Delirium, Delusions, Disorientation, Early Awakening, Fearful, Feels safe at home, Frequent crying, Hallucinations, Impaired Cognitive Function, Insomnia, Memory Loss, Panic Attacks, Suicidal Ideation, Suicidal Planning and Trouble Falling Asleep.

Vitals (Nasreen R. Dar MD; 6/9/2021 2:55 PM)

6/9/2021 2:14 PM

Weight: 194.13 lb Height: 64 in

Body Surface Area: 1.93 m² Body Mass Index: 33.32 kg/m²

Temp.: 97.5° F (Temporal) Pulse: 86 (Regular)

BP: 106/80 (Sitting, Left Arm, Standard)

Physical Exam (Nasreen R. Dar MD; 6/9/2021 2:55 PM)

General

Mental Status - Alert.

General Appearance - Cooperative.

Build & Nutrition - Well nourished and Well developed.

Posture - Normal posture.

Gait - Normal.

Hydration - Well hydrated.

Voice - Normal.

Dress - Neat and Appropriate.

Health Status - General Health Good.

Hygiene - Good.

Eye Contact - Good.

Integumentary

Global Assessment

Examination of related systems reveals - Eyes are clear, with no discharge, lesions or obvious infection of the conjunctivae or lids. **Upon inspection and palpation of skin surfaces of the** - Head/Face: no rashes, ulcers, lesions or evidence of photo damage. No palpable nodules or masses.

General Characteristics

Overall examination of the patient's skin reveals - no rashes. **Color** - normal coloration of skin. **Skin Moisture** - normal skin moisture. **Temperature** - normal warmth is noted. **Texture** - normal skin texture. **Thickness** - normal skin thickness. **Hair Distribution and Texture** - normal distribution of scalp and body hair, with normal hair texture.

Head and Neck

Face

Global Assessment - atraumatic.

Neck

Global Assessment - full range of motion.

ENMT

Global Assessment

Examination of related systems reveals - normocephalic, atraumatic. **Upon examination of the ears, nose, mouth and throat** - on assessment of hearing, the patient has normal hearing threshold.

Chest and Lung Exam

Chest and lung exam reveals - quiet, even and easy respiratory effort with no use of accessory muscles.

Breast - Did not examine.

Cardiovascular

Cardiovascular examination reveals - (see Vital Signs section for blood pressure measurements).

Neurologic

Examination of related systems reveals - patient is well-developed and well-nourished, normal gait and station and normal muscle strength and tone in all extremities.

Neuropsychiatric

Examination of related systems reveals - strength and tone is normal overall with no atrophy, spasticity or tremors.

Mental status exam performed with findings of - no evidence of hallucinations, delusions, obsessions or homicidal/suicidal ideation and displays ability to recall recent and remote events and fund of knowledge is intact.

Orientation - oriented to person, oriented to place and oriented to time.

Associations - intact.

Judgment and Insight - insight is appropriate concerning matters relevant to self, the patient displays appropriate judgment regarding every day activities and judgment is appropriate in social situations.

Abnormal/ Psychotic Thoughts - no delusions, no hallucinations, no compulsions, no obsessions, no homicidal ideation, no suicidal ideation, no phobias.

Speech - Normal.

Language - Normal.

Thought Processes/ Cognitive Function - Normal.

Attitude - Cooperative.

Mannerisms - None.

Muscular - Fidgety.

Physio Signs - None.

Mood - Depressed and Anxious.

Affect - Appropriate.

Insight - Fair.

Judgement - Fair.

Concentration - Fair.

Assessment & Plan (Nasreen R. Dar MD; 6/9/2021 2:59 PM)

Bipolar affective, mixed (236.60 | F31.60)

Anxiety, generalized (300.02 | 41.1)

Back pain (724.5 | M54.9)

Current Plans

- Changed Abilify 15 MG Oral Tablet, 1/2 Tablet am, #45, 30 days starting 06/09/2021, No Refill.
- Continued Amitriptyline HCl 50 MG Oral Tablet, 1 (one) Tablet hs, #30, 30 days starting 06/09/2021, No Refill.
- Supportive counseling was provided: discussed with patient and provided information.
- Pt Education - Stress Management: Deep Breathing: relaxation techniques
- Follow up in 4 weeks or as needed

Note: Patient Counseled regarding effects and side-effects of medicines.

Time Spent 15 min.

Signed electronically by Nasreen R Dar, MD (6/9/2021 3:02 PM)

Encounter # 3

History & Physical Report

5/13/2021: Office Visit - Bipolar affective, mixed (296.60 | F31.60), Anxiety, generalized (300.02 | F41.1), Back pain (724.5 | M54.9) (Nasreen R. Dar, MD)
 Ammie P Hale
 Appointment: 5/13/2021 2:00 PM
 Location: Princeton Office
 Patient #: 55190
 DOB: 5/24/1975
 Married / Language: English / Race: White
 Female

History of Present Illness. (Nasreen R. Dar MD; 5/13/2021 4:51 PM)
 The patient is a 45 year-old female who presents with a complaint of follow-up.

Location: Bipolar Disorder
 Severity: 4 (1-10)
 Duration: Several yrs.
 Symptoms: nervousness

Problem List/Past Medical (Nasreen R. Dar, MD; 5/13/2021 3:11 PM)
 Back pain (724.5 | M54.9)

Allergies (Nasreen R. Dar MD; 5/13/2021 3:11 PM)
 No Known Drug Allergies [04/15/2021]:
 No Known Allergies [04/15/2021]:

Immunization History (Nasreen R. Dar, MD; 5/13/2021 3:11 PM)
 Up to date

Family History (Nasreen R. Dar, MD; 5/13/2021 3:11 PM)
 Depression Father.
 Bipolar Disorder Maternal Aunt.

Social History (Nasreen R. Dar MD; 5/13/2021 3:11 PM)
 Current tobacco use Current every day smoker.
 Non Drinker/No Alcohol Use
 Drug Use Uses marijuana.

Travel History (Nasreen R. Dar, MD; 5/13/2021 3:11 PM)
 Non-Contributory Travel History

Medication History (Nasreen R. Dar, MD; 5/13/2021 3:12 PM)
 Abilify (5MG Tablet, 1 (one) Oral qm, Taken starting 04/29/2021) Inactive.
 Amitriptyline HCl (50MG Tablet, 1 (one) Oral hs, Taken starting 04/29/2021) Inactive.
 Medications Reconciled

Review of Systems (Nasreen R. Dar MD; 5/13/2021 3:11 PM)

General Present- Fatigue, Night Sweats, Tiredness and Weight Gain. Not Present- Appetite Loss, Dietary Changes, Excessive Crying, Medication Changes, Obesity and Weight Loss.

Skin Not Present- Bruising, Clamminess, Dryness, Hives, Itching, Pruritus and Rash.

HEENT Present- Visual Disturbances and Wears glasses/contact lenses. Not Present- Blurred Vision, Color Blindness, Decreased Night Vision, Double Vision, Ear Discharge, Ear Pain, Eye Pain, Glaucoma, Hearing Loss, Nose Bleed, Ringing in the Ears, Runny Nose, Sleep Apnea and Spinning Sensation.

Neck Present- Neck Pain and Neck Stiffness.

Respiratory Not Present- Chronic Cough, Difficulty Breathing and Wheezing.

Cardiovascular Present- Palpitations. Not Present- Chest Pain, Edema and Fainting / Blacking Out.

Musculoskeletal Present- Back Pain, Joint Pain and Joint Stiffness. Not Present- Joint Redness, Joint Swelling, Leg Cramps, Leg Weakness, Muscle Atrophy, Muscle Cramps, Muscle Pain and Muscle Weakness.

Neurological Not Present- Dizziness, Fainting, Focal Neurological Symptoms, Headaches, Hyperactivity, Incontinence Stool, Incontinence Urine, Incoordination, Loss of Consciousness, Numbness, Paresthesias and Seizures.

Psychiatric Present- Anxiety, Change in Sleep Pattern, Depression, Easily Irritated, Hypersomnia, Inability to Concentrate, Mood changes and Nervousness. Not Present- Delirium, Delusions, Disorientation, Early Awakening, Fearful, Feels safe at home, Frequent crying, Hallucinations, Impaired Cognitive Function, Insomnia, Memory Loss, Panic Attacks, Suicidal Ideation, Suicidal Planning and Trouble Falling Asleep.

Vitals (Nasreen R. Dar MD; 5/13/2021 3:15 PM)
 5/13/2021 2:12 PM

Weight: 197.38 lb Height: 61 in
 Body Surface Area: 1.95 m² Body Mass Index: 33.88 kg/m²
 Temp.: 97.7° F (Temporal) Pulse: 93 (Regular)
 BP: 115/62 (Sitting, Left Arm, Standard)

Physical Exam (Nasreen R. Dar MD; 5/13/2021 3:15 PM)

General

Mental Status - Alert.
General Appearance - Cooperative.
Build & Nutrition - Well nourished and Well developed.
Posture - Normal posture.
Gait - Normal.
Hydration - Well hydrated.
Voice - Normal.
Dress - Neat and Appropriate.
Health Status - General Health Good.
Hygiene - Good.
Eye Contact - Good.

Integumentary

Global Assessment

Examination of related systems reveals - Eyes are clear, with no discharge, lesions or obvious infection of the conjunctivae or lids. **Upon inspection and palpation of skin surfaces of the** - Head/Face: no rashes, ulcers, lesions or evidence of photo damage. No palpable nodules or masses.

General Characteristics

Overall examination of the patient's skin reveals - no rashes. **Color** - normal coloration of skin. **Skin Moisture** - normal skin moisture. **Temperature** - normal warmth is noted. **Texture** - normal skin texture. **Thickness** - normal skin thickness. **Hair Distribution and Texture** - normal distribution of scalp and body hair, with normal hair texture.

Head and Neck

Face

Global Assessment - atraumatic.

Neck

Global Assessment - full range of motion.

ENMT

Global Assessment

Examination of related systems reveals - normocephalic, atraumatic. **Upon examination of the ears, nose, mouth and throat** - on assessment of hearing, the patient has normal hearing threshold.

Chest and Lung Exam

Chest and lung exam reveals - quiet, even and easy respiratory effort with no use of accessory muscles.

Breast - Did not examine.

Cardiovascular

Cardiovascular examination reveals - (see Vital Signs section for blood pressure measurements).

Neurologic

Examination of related systems reveals - patient is well-developed and well-nourished, normal gait and station and normal muscle strength and tone in all extremities.

Neuropsychiatric

Examination of related systems reveals - strength and tone is normal overall with no atrophy, spasticity or tremors.

Mental status exam performed with findings of - no evidence of hallucinations, delusions, obsessions or homicidal/suicidal ideation and displays ability to recall recent and remote events and fund of knowledge is intact.

Orientation - oriented to person, oriented to place and oriented to time.

Associations - intact.

Judgment and Insight - insight is appropriate concerning matters relevant to self, the patient displays appropriate judgment regarding every day activities and judgment is appropriate in social situations.

Abnormal/ Psychotic Thoughts - no delusions, no hallucinations, no compulsions, no obsessions, no homicidal ideation, no suicidal ideation, no phobias.

Speech - Normal.

Language - Normal.

Thought Processes/ Cognitive Function - Normal.

Attitude - Cooperative.

Mannerisms - None.

Muscular - Fidgety.

Physio Signs - None.

Mood - Depressed and Anxious.

Affect - Appropriate.

Insight - Fair.

Judgement - Fair.

Concentration - Fair.

Assessment & Plan (Nasreen R. Dar MD; 5/13/2021 4:50 PM)

Bipolar affective, mixed (236.60 | F31.60)

Anxiety, generalized (300.02 | 31.1)

Back pain (724.5 | M54.9)

Current Plans

- Restarted Abilify 5 MG Oral Tablet, 1 (one) Tablet am, #30, 30 days starting 05/13/2021, No Refill.
- Restarted Amitriptyline HCl 50 MG Oral Tablet, 1 (one) Tablet hs, #30, 30 days starting 05/13/2021, No Refill.
- Supportive counseling was provided; discussed with patient and provided information.
- Pt Education - Stress Management: Deep Breathing; relaxation techniques
- Follow up in 4 weeks or as needed

Note: Patient Counseled regarding effects and side-effects of medicines.

Time Spent 15 min.

Signed electronically by Nasreen R Dar, MD (5/13/2021 4:53 PM)

Encounter # 2

History & Physical Report

4/29/2021: Office Visit - Bipolar affective, mixed (296.60 | F31.60), Anxiety, generalized (300.02 | F41.1), Back pain (724.5 | M54.9) (Nasreen R. Dar, MD)
 Ammie P Hale
 Documented: 4/29/2021 1:50 PM
 Location: Princeton Office
 Patient #: 55190
 DOB: 5/24/1975
 Married / Language: English / Race: White
 Female

History of Present Illness (Nasreen R. Dar MD; 4/29/2021 3:11 PM)
 The patient is a 45 year old female who presents with a complaint of follow-up.

Location: Bipolar Disorder
 Severity: 5 (1-10)
 Duration: Several yrs.
 Symptoms: Low energy, Low motivation

Problem List/Past Medical (Nasreen R. Dar, MD; 4/29/2021 2:55 PM)
 Back pain (724.5 | M54.9)

Allergies (Nasreen R. Dar MD; 4/29/2021 2:55 PM)
 No Known Drug Allergies [04/15/2021]:
 No Known Allergies [04/15/2021]:

Immunization History (Nasreen R. Dar, MD; 4/29/2021 2:55 PM)
 Up to date

Family History (Nasreen R. Dar, MD; 4/29/2021 2:55 PM)
 Depression Father.
 Bipolar Disorder Maternal Aunt.

Social History (Nasreen R. Dar, MD; 4/29/2021 2:55 PM)
 Current tobacco use Current every day smoker.
 Non Drinker/No Alcohol Use
 Drug Use Uses marijuana.

Travel History (Nasreen R. Dar, MD; 4/29/2021 2:55 PM)
 Non-Contributory Travel History

Medication History (Nasreen R. Dar, MD; 4/29/2021 2:56 PM)
 Abilify (2MG Tablet, 1 (one) Oral am, Taken starting 04/15/2021) Inactive.
 Amitriptyline HCl (25MG Tablet, 1 (one) Oral hs, Taken starting 04/15/2021) Inactive.
 Medications Reconciled

Review of Systems (Nasreen R. Dar MD; 4/29/2021 2:55 PM)

General Present- Fatigue, Night Sweats, Tiredness and Weight Gain. Not Present- Appetite Loss, Dietary Changes, Excessive Crying, Medication Changes, Obesity and Weight Loss.

Skin Not Present- Bruising, Clamminess, Dryness, Hives, Itching, Pruritus and Rash.

HEENT Present- Visual Disturbances and Wears glasses/contact lenses. Not Present- Blurred Vision, Color Blindness, Decreased Night Vision, Double Vision, Ear Discharge, Ear Pain, Eye Pain, Glaucoma, Hearing Loss, Nose Bleed, Ringing in the Ears, Runny Nose, Sleep Apnea and Spinning Sensation.

Neck Present- Neck Pain and Neck Stiffness.

Respiratory Not Present- Chronic Cough, Difficulty Breathing and Wheezing.

Cardiovascular Present- Palpitations. Not Present- Chest Pain, Edema and Fainting / Blacking Out.

Musculoskeletal Present- Back Pain, Joint Pain and Joint Stiffness. Not Present- Joint Redness, Joint Swelling, Leg Cramps, Leg Weakness, Muscle Atrophy, Muscle Cramps, Muscle Pain and Muscle Weakness.

Neurological Not Present- Dizziness, Fainting, Focal Neurological Symptoms, Headaches, Hyperactivity, Incontinence Stool, Incontinence Urine, Incoordination, Loss of Consciousness, Numbness, Paresthesias and Seizures.

Psychiatric Present- Anxiety, Change in Sleep Pattern, Depression, Easily Irritated, Hypersomnia, Inability to Concentrate, Mood changes and Nervousness. Not Present- Delirium, Delusions, Disorientation, Early Awakening, Fearful, Feels safe at home, Frequent crying, Hallucinations, Impaired Cognitive Function, Insomnia, Memory Loss, Panic Attacks, Suicidal Ideation, Suicidal Planning and Trouble Falling Asleep.

Vitals (Nasreen R. Dar MD 4/29/2021 2:58 PM)

4/29/2021 2:57 PM

Weight: 188.38 lb Height: 64 in

Body Surface Area: 1.91 m² Body Mass Index: 32.33 kg/m²

Temp.: 97.9° F Pulse: 91 (Regular)

BP: 144/98 (Sitting, Left Arm, Standard)

Physical Exam (Nasreen R. Dar MD; 4/29/2021 2:59 PM)

General

Mental Status - Alert.
General Appearance - Cooperative.
Build & Nutrition - Well nourished and Well developed.
Posture - Normal posture.
Gait - Normal.
Hydration - Well hydrated.
Voice - Normal.
Dress - Neat and Appropriate.
Health Status - General Health Good.
Hygiene - Good.
Eye Contact - Good.

Integumentary

Global Assessment

Examination of related systems reveals - Eyes are clear, with no discharge, lesions or obvious infection of the conjunctivae or lids. **Upon inspection and palpation of skin surfaces of the** - Head/Face: no rashes, ulcers, lesions or evidence of photo damage. No palpable nodules or masses.

General Characteristics

Overall examination of the patient's skin reveals - no rashes. **Color** - normal coloration of skin. **Skin Moisture** - normal skin moisture. **Temperature** - normal warmth is noted. **Texture** - normal skin texture. **Thickness** - normal skin thickness. **Hair Distribution and Texture** - normal distribution of scalp and body hair, with normal hair texture.

Head and Neck

Face

Global Assessment - atraumatic.

Neck

Global Assessment - full range of motion.

ENMT

Global Assessment

Examination of related systems reveals - normocephalic, atraumatic. **Upon examination of the ears, nose, mouth and throat** - on assessment of hearing, the patient has normal hearing threshold.

Chest and Lung Exam

Chest and lung exam reveals - quiet, even and easy respiratory effort with no use of accessory muscles.

Breast - Did not examine.

Cardiovascular

Cardiovascular examination reveals - (see Vital Signs section for blood pressure measurements).

Neurologic

Examination of related systems reveals - patient is well-developed and well-nourished, normal gait and station and normal muscle strength and tone in all extremities.

Neuropsychiatric

Examination of related systems reveals - strength and tone is normal overall with no atrophy, spasticity or tremors.

Mental status exam performed with findings of - no evidence of hallucinations, delusions, obsessive or homicidal/suicidal ideation and displays ability to recall recent and remote events and fund of knowledge is intact.

Orientation - oriented to person, oriented to place and oriented to time.

Associations - intact.

Judgment and Insight - insight is appropriate concerning matters relevant to self, the patient displays appropriate judgment regarding every day activities and judgment is appropriate in social situations.

Abnormal/ Psychotic Thoughts - no delusions, no hallucinations, no compulsions, no obsessions, no homicidal ideation, no suicidal ideation, no phobias.

Speech - Normal.

Language - Normal.

Thought Processes/ Cognitive Function - Normal.

Attitude - Cooperative.

Mannerisms - None.

Muscular - Fidgety.

Physio Signs - None.

Mood - Depressed and Anxious.

Affect - Appropriate.

Insight - Fair.

Judgement - Fair.

Concentration - Fair.

Assessment & Plan (Nasreen R. Dar MD; 4/29/2021 3:10 PM)

Bipolar affective, mixed (296.60 | F31.60)

Anxiety, generalized (300.02 | F41.1)

Back pain (724.5 | M54.9)

Current Plans

- Restarted Abilify 5 MG Oral Tablet, 1 (one) Tablet am, #14, 14 days starting 04/29/2021, No Refill.
- Restarted Amitriptyline HCl 50 MG Oral Tablet, 1 (one) Tablet hs, #14, 14 days starting 04/29/2021, No Refill.
- Supportive counseling was provided; discussed with patient and provided information.
- Pt Education - Stress Management: Deep Breathing: relaxation techniques
- Follow up in 2 weeks or as needed

Note: Patient Counseled regarding effects and side-effects of medicines.

Time Spent 15 min.

Signed electronically by Nasreen R Dar, MD (4/29/2021 3:12 PM)

Encounter # 1

History & Physical Report

4/15/2021: Office Visit - (Bipolar affective, mixed (296.60 | F31.60), Anxiety, generalized (300.02 | F41.1), Back pain (724.5 | M54.9) (Nasreen R. Dar, MD)
 Ammie P Hale
 Documented: 4/15/2021 1:10 PM
 Location: Princeton Office
 Patient #: 55190
 DOB: 5/24/1975
 Married / Language: English / Race: White
 Female

History of Present Illness (Nasreen R. Dar MD; 4/15/2021 2:37 PM)

The patient is a 45 year old female who presents with bipolar disorder. The patient has a currently undiagnosed bipolar type. Symptoms include distractibility, flight of ideas, racing thoughts, heightened sexual drive, agitation, periods of excess energy, loss of interests, depressed mood, sleep disturbance, fatigue, poor concentration and labile moods. The episodes occur daily. The patient describes this as severe and worsening. Associated symptoms include anxiety symptoms. Suicide risk factors do not include suicidal thoughts, suicidal intention or suicide attempt(s). Homicidal risk factors do not include homicidal thoughts, homicidal intention or homicide attempt(s). Current treatment includes selective serotonin-norepinephrine reuptake inhibitors. Current habits include cigarettes per day. Current substance use does not include cannabinoids, hallucinogens, cocaine, stimulants, sedatives, opioids or inhalants. The patient is currently able to do activities of daily living without limitations.

Problem List/Past Medical (Nasreen R. Dar, MD; 4/15/2021 2:25 PM)
 Back pain (724.5 | M54.9)

Allergies (Nasreen R. Dar MD; 4/15/2021 2:25 PM)
 No Known Drug Allergies [04/15/2021]:
 No Known Allergies [04/15/2021]:

Immunization History (Nasreen R. Dar, MD; 4/15/2021 2:25 PM)
 Up to date

Family History (Nasreen R. Dar, MD; 4/15/2021 2:26 PM)
 Depression Father.
 Bipolar Disorder Maternal Aunt.

Social History (Nasreen R. Dar MD; 4/15/2021 2:40 PM)
 Current tobacco use Current every day smoker.
 Non Drinker/No Alcohol Use
 Drug Use Uses marijuana.

Travel History (Nasreen R. Dar, MD; 4/15/2021 2:27 PM)
 Non-Contributory Travel History

Medication History (Nasreen R. Dar, MD; 4/15/2021 2:41 PM)
 Effexor (75MG Tablet, 1 Oral am) Active.
 Medications Reconciled

Review of Systems (Nasreen R. Dar MD; 4/15/2021 2:24 PM)

General Present- Fatigue Night Sweats, Tiredness and Weight Gain. Not Present- Appetite Loss, Dietary Changes, Excessive Crying, Medication Changes, Obesity and Weight Loss.

Skin Not Present- Bruising, Clamminess, Dryness, Hives, Itching, Pruritus and Rash.

HEENT Present- Visual Disturbances and Wears glasses/contact lenses. Not Present- Blurred Vision, Color Blindness, Decreased Night Vision, Double Vision, Ear Discharge, Ear Pain, Eye Pain, Glaucoma, Hearing Loss, Nose Bleed, Ringing in the Ears, Runny Nose, Sleep Apnea and Spinning Sensation.

Neck Present- Neck Pain and Neck Stiffness.

Respiratory Not Present- Chronic Cough, Difficulty Breathing and Wheezing.

Cardiovascular Present- Palpitations. Not Present- Chest Pain, Edema and Fainting / Blacking Out.

Musculoskeletal Present- Back Pain, Joint Pain and Joint Stiffness. Not Present- Joint Redness, Joint Swelling, Leg Cramps, Leg Weakness, Muscle Atrophy, Muscle Cramps, Muscle Pain and Muscle Weakness.

Neurological Not Present- Dizziness, Fainting, Focal Neurological Symptoms, Headaches, Hyperactivity, Incontinence Stool, Incontinence Urine, Incoordination, Loss of Consciousness, Numbness, Paresthesias and Seizures.

Psychiatric Present- Anxiety, Change in Sleep Pattern, Depression, Easily Irritated, Hypersomnia, Inability to Concentrate, Mood changes and Nervousness. Not Present- Delirium, Delusions, Disorientation, Early Awakening, Fearful, Feels safe at home, Frequent crying, Hallucinations, Impaired Cognitive Function, Insomnia, Memory Loss, Panic Attacks, Suicidal Ideation, Suicidal Planning and Trouble Falling Asleep.

Vitals (Nasreen R. Dar MD; 4/15/2021 2:28 PM)
 4/15/2021 1:09 PM

Weight: 189.38 lb Height: 64 in
 Body Surface Area: 1.91 m² Body Mass Index: 32.51 kg/m²
 Temp.: 97.3° F (Temporal) Pulse: 82 (Regular)
 BP: 140/94 (Sitting, Left Arm, Standard)

Physical Exam (Nasreen R. Dar MD; 4/15/2021 2:39 PM)

General

Mental Status - Alert.
General Appearance - Cooperative.
Build & Nutrition - Well nourished and Well developed.
Posture - Normal posture.
Gait - Normal.
Hydration - Well hydrated.
Voice - Normal.
Dress - Neat and Appropriate.
Health Status - General Health Good.
Hygiene - Good.
Eye Contact - Good.

Integumentary

Global Assessment

Examination of related systems reveals - Eyes are clear, with no discharge, lesions or obvious infection of the conjunctivae or lids. **Upon inspection and palpation of skin surfaces of the** - Head/Face: no rashes, ulcers, lesions or evidence of photo damage. No palpable nodules or masses.

General Characteristics

Overall examination of the patient's skin reveals - no rashes. **Color** - normal coloration of skin. **Skin Moisture** - normal skin moisture. **Temperature** - normal warmth is noted. **Texture** - normal skin texture. **Thickness** - normal skin thickness. **Hair Distribution and Texture** - normal distribution of scalp and body hair, with normal hair texture.

Head and Neck

Face

Global Assessment - atraumatic.

Neck

Global Assessment - full range of motion.

ENMT

Global Assessment

Examination of related systems reveals - normocephalic, atraumatic. **Upon examination of the ears, nose, mouth and throat** - on assessment of hearing, the patient has normal hearing threshold.

Chest and Lung Exam

Chest and lung exam reveals - quiet, even and easy respiratory effort with no use of accessory muscles.

Breast - Did not examine.

Cardiovascular

Cardiovascular examination reveals - (see Vital Signs section for blood pressure measurements).

Neurologic

Examination of related systems reveals - patient is well-developed and well-nourished, normal gait and station and normal muscle strength and tone in all extremities.

Neuropsychiatric

Examination of related systems reveals - strength and tone is normal overall with no atrophy, spasticity or tremors.

Mental status exam performed with findings of - no evidence of hallucinations, delusions, obsessions or homicidal/suicidal ideation and displays ability to recall recent and remote events and fund of knowledge is intact.

Orientation - oriented to person, oriented to place and oriented to time.

Associations - intact.

Judgment and Insight - insight is appropriate concerning matters relevant to self, the patient displays appropriate judgment regarding every day activities and judgment is appropriate in social situations.

Abnormal/ Psychotic Thoughts - no delusions, no hallucinations, no compulsions, no obsessions, no homicidal ideation, no suicidal ideation, no phobias.

Speech - Normal.

Language - Normal.

Thought Processes/ Cognitive Function - Normal.

Attitude - Cooperative.

Mannerisms - None.

Muscular - Fidgety.

Physio Signs - None.

Mood - Depressed and Anxious.

Affect - Appropriate.

Insight - Fair.

Judgement - Fair.

Concentration - Fair.

Assessment & Plan (Nasreen R. Dar MD; 4/15/2021 2:35 PM)

Bipolar affective, mixed (296.60 | F31.60)

Anxiety, generalized (300.02 | F41.1)

Back pain (724.5 | M54.9)

Current Plans

- Started Abilify 2 MG Oral Tablet, 1 (one) Tablet am, #14, 14 days starting 04/15/2021, No Refill.
- Started Amitriptyline HCl 25 MG Oral Tablet, 1 (one) Tablet hs, #14, 14 days starting 04/15/2021 No Refill.
- Supportive counseling was provided; discussed with patient and provided information.
- Pt Education - Stress Management: Deep Breathing: relaxation techniques
- Follow up in 2 weeks or as needed

Note: Patient Counseled regarding effects and side-effects of medicines.

Time Spent 25 min.

Signed electronically by Nasreen R Dar, MD (4/15/2021 2:42 PM)

Scanned Documents

#	Date	Title	Approved By	Comments
1	03/24/2021	Psychiatric Evaluation	White, Cynthia	No